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Optimizing Functional Mobility in the Older Adult



Presented by
Linda B. Horn,
 PT, DScPT, MHS, NCS

North American Seminars, Inc.
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PT, OT, PTA and AT -
 Continuing Education Course



Certificates of attendance are given upon
 successful completion of the course.

This course is 16.0 contact hours/1.60 CEUs

This course is 19 hours/ 1.9 CEUs for therapists licensed in the District
 of Columbia, Illinois, Florida and New York

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 16 ccu's, 16 Category-1 PDA points. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 16 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 16. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 16 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Day One

7:30	8:00	Registration
8:00	8:45	Effect of Aging on Body Function/ Structure, Activity, & Participation <ul style="list-style-type: none"> • ICF framework • Physiological changes in older adults • Physical activity • Limitations in activity & participation
8:45	9:30	Epidemiology of Falls in Older Adults
9:30	10:00	Comprehensive Examination of Older Adults <ul style="list-style-type: none"> • Strength, muscle tone, ROM, sensation, coordination, flexibility, balance • Mental status, cognitive status
10:00	10:15	Break
10:15	12:00	Comprehensive Examination of Older Adults (continued) <ul style="list-style-type: none"> • Functional mobility • Gait • Balance
12:00	12:45	Lunch (on your own)
12:45	3:00	Functional Outcome Measures <ul style="list-style-type: none"> • Sitting balance measures • Static and dynamic balance measures • Dynamic Gait Index, Four Square Step Test and others
3:00	3:15	Break
3:15	4:00	Examination (Lab) <ul style="list-style-type: none"> • Musculoskeletal tests • Fullerton Advanced Balance Scale • Other functional outcome measures
4:00	4:45	Impact of Comorbidities <ul style="list-style-type: none"> • Diabetes • Orthostatic hypotension • Osteoporosis • Peripheral neuropathy • Cardiopulmonary disorders • Arthritis • Dementia • Neurological disorders • Orthopedic disorders
4:45	5:15	Exercise Prescription <ul style="list-style-type: none"> • Proper dosing of exercises
5:15	6:15	Interventions for Older Adult & Special Populations

Day Two

8:00	9:15	Interventions for Older Adults & Special Populations (continued)
9:15	10:00	Interventions for Older Adults & Special Populations (Lab) <ul style="list-style-type: none"> • Foam roll • Swiss ball • Balance
10:00	10:15	Break
10:15	10:45	Pharmacology & Older Adults <ul style="list-style-type: none"> • How drugs work differently in older adults • Polypharmacy • Impact on rehab
10:45	11:30	Examination of Vestibular Disorders in Older Adults (Lec) <ul style="list-style-type: none"> • Vestibular pathologies • Oculomotor exam • VOR & Gaze Stability
11:30	12:00	Interventions for Older Adults & Special Populations (Lab) <ul style="list-style-type: none"> • Oculomotor exam • VOR & gaze stability tests
12:00	12:30	Lunch (on your own)
12:30	1:15	Positional Testing for BPPV <ul style="list-style-type: none"> • Dix-Hallpike, Roll test • Sidelyng test
1:15	1:45	Positional Testing for BPPV (Lab)
1:45	2:00	Break
2:00	2:45	Interventions for Vestibular Hypofunction and Motion Sensitivity (Lab) <ul style="list-style-type: none"> • Gaze stabilization exercises • Substitution exercises • Habituation and balance exercises
2:45	4:00	Pulling It All Together: Case Studies and Conclusion <ul style="list-style-type: none"> • Neurological diagnosis • Orthopedic diagnosis • Multiple system involvement

About the Educator

Linda B. Horn, PT, DScPT, MHS, NCS is an Assistant Professor at the University of Maryland Baltimore School of Medicine, Department of Physical Therapy and Rehabilitation Science. She graduated from the University of Maryland Baltimore in 1984, received a Master of Health Science from the University of Indianapolis Krannert School of Physical Therapy in 2003, and obtained a Doctor of Science in Physical Therapy from the University of Maryland Baltimore in 2007. She became a Neurologic Certified Specialist by the American Physical Therapy Association in 1993 and was recertified in 2003. Linda became a Certified Exercise Expert for Aging Adults in 2014. She has over 30 years of clinical experience in a variety of clinical settings including acute care, outpatient rehab and home care. She has developed adult balance and vestibular programs with a focus on older adults and is also interested in treating post-concussion symptoms in all age groups. She is a national lecturer on balance and vestibular disorders in the adult population. Linda is active in the APTA at the state and national level.

Why You Should Attend This Course

As the population ages, there is a continual growing need for physical and occupational therapists and other health care providers to develop comprehensive solutions to maximize mobility and achieve positive functional outcomes.

This intermediate level course will utilize the best evidence based research in examination and treatment techniques for older adults and apply them to results driven clinical practices. This course will teach clinicians how to perform a comprehensive examination of older adults with orthopedic, neurologic, and cardiopulmonary diagnoses as well as other pathologies with an emphasis on integrating findings into the development of the plan of care. A variety of tests and interventions will be practiced in labs to allow participants the opportunity to practice the concepts discussed during lectures, such as appropriate strength training for older adults and treatment of vestibular disorders. Since vestibular disorders may be missed in older adults, identification and treatment of vestibular impairment is vital to successful outcomes in this population to prevent further injury and to establish a successful path toward functional mobility.

This course will also include implications of other diagnoses common to older adults such as diabetes, osteoporosis, stroke, Parkinson's Disease, hip fracture, and several other diagnoses. Case studies will be used for participants to practice problem solving and clinical decision making in older adults. The information in this course can be adapted for all practice settings including acute care, inpatient rehab, skilled nursing facilities/subacute, outpatient, and home care.

This evidence based course will incorporate current and relevant information to develop an individualized treatment plan to improve functional outcomes in your patients. A comprehensive manual will supplement the didactic and lab portions of the course.

Course Objectives

Upon completion of this course the participant will be able to:

- Identify the effects of aging and pathology on limitations in activities and participation.
- Perform a comprehensive examination of older adults selecting appropriate tests and measures based on the individual's presentation.
- Recognize fall risk factors in older adults and develop an appropriate plan of care to address these factors.
- Perform an examination of the vestibular system and demonstrate appropriate treatments for BPPV and vestibular hypofunction.
- Explain how to incorporate evidence based interventions into a plan of care for older adults
- Design appropriate exercise prescriptions for older adults with a variety of impairments and comorbidities.
- Discuss the effect of medications on older adults and how it impacts rehab progression.
- Design a comprehensive treatment plan for older adult patients incorporating all impaired systems, impact of medications, and patient goals.

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Send tuition to: North American Seminars, Inc.
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